



The Journeying Workbook: Adventuring to Unleash Your Inner Power

Trisha Howell

The Journeying Workbook: Adventuring to Unleash Your Inner Power shows readers how to set themselves free to really live. It provides an easy, step-by-step way to journey into the deep recesses of the mind and beyond to bring back a wisdom that readers never knew they possessed. With this unique practical manual, readers can discover how to find their life purpose, obtain accurate and dependable guidance for all situations, gain a deeper understanding of self and others, become more intuitive, and experience the fun and wonder of exciting inner adventures. This life-changing workbook includes 100 healing journeys and everything the reader needs in one book to help with each important area in life.

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Competition:

- *Shamanic Journeying:* Sandra Ingerman, March 2004, ISBN: 1591791510
- *Secrets of Shamanism:* Jose & Lena Stevens, ISBN: 0380756072
- *The Way of the Shaman:* Michael Harner, October 1990, ISBN: 0062503731
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Sales Material to support the book:

- Finished Books
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Marketing:

- Author Tour: All major cities in Washington State
- National print campaign
- National radio interview campaign
- Reviews and features in industry review publications
- Extensive internet campaign

Sales Handles:

- Only book to guide the reader through the journeying process *and* provide 100 directions in which to travel
- Provides accurate and creative guidance for all life situations and a method for finding answers to all questions, thus empowering the reader
- Leads to relaxation and happiness as the reader's life flows effortlessly in harmony with his/her deepest desires, goals, inclinations, and creative impulses

Audience:

- Spiritual seekers
- Self-help/personal growth fans
- Creative types (artists, writers, etc.)
- Psychologists
- Anthropologists
- Alternative healing readers

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